

Annapolis Senior Center

1027 Bay Ridge Ave
Annapolis, MD 21403
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216
Monday – Friday 8:00 a.m. to 4:30p.m. (New Hours)

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING

January 2003

The Breeze



From The Director, Ed Casey

Happy New Year! 2003 promises to bring many new and exciting changes to the Center and the services and activities that we offer. One of the first changes (which actually took effect on December 3rd) is our hours of operation. All Centers will now open at 8:00 a.m. and close at 4:30 p.m.

Inclement Weather Policy – If December 5, 6 and 12 are any indication, we are in for a snowy and/or icy winter! **Please be sure to read our policy located on page 7!!** If any special events are affected by the weather, an announcement will be made on **our answering machine**. Just call our main number at 410-222-1818. If the machine does not pick up, call back (it is making the announcement to someone else!)

MEMBERSHIP is **required** to participate in activities/services we offer. If you have not renewed this year (Gold Card), please do so soon. **There is no fee for membership.**

Classes at Eastport United Methodist Church: The following classes will meet at the church beginning in January: **Tuesday/Thursday Aerobics & Weight Training, Elderhood, Yoga and Touchstones.** Please check the daily schedule for days and times.

Advanced Word Processing will meet at the **Stanton Center**. Transportation to and from Eastport will be provided.

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Web Site: www.aa-aging.org

Daily Schedule – January 2003

Wednesday, January 1

CENTER CLOSED

New Year's Day

Happy New Year!

Thursday, January 2

10:15 Bingo
12:00 Lunch
1:00 Cards & Games
1:00 Duplicate Bridge
3:00 'Touchstones'
Discussion....UM

Friday, January 3

10:00 Craft Clinic w/Thea
Details on Page 4!
12:00 Lunch
1:00 Cards & Games

Monday, January 6

Winter Classes Begin!

8:30 Aerobics
10:00 Current Events
10:00 Ceramics
12:00 Lunch
12:45 Ceramics



Tuesday, January 7

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:00 Woodcarving
9:15 Weight Training....UM
10:15 Needlecrafts
10:30 Elderhood: This Is Your Life...UM
10:30 Word Processing – Advanced....SC
12:00 Lunch
12:30 Applique
1:00 Adaptive P. E. w/Jane
1:00 Knitting
2:30 History: The Elizabethan Theatre

Wednesday, January 8

8:30 Aerobics
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Intermediate Spanish
1:00 Adaptive P. E. w/Anne

Thursday, January 9

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
9:30 Painting & Drawing
10:15 Bingo
12:00 Lunch
1:00 Beginning French
1:00 Yoga....UM

1:00 TRIP KICKOFF

See Page 8 for details!

3:00 'Touchstones'
Discussion....UM
No Duplicate Bridge today!

Friday, January 10

8:30 Aerobics
9:30 Effective Colored Pencil Technique
10:00 Walking Club....
Annapolis Mall
SIGN UP REQUIRED BY 1/3
12:00 Lunch
1:00 Art: Watercolor
No Keep Your Mind Alert Today!

Monday, January 13

8:30 Aerobics
10:00 Current Events
10:00 Ceramics
12:00 Lunch
12:45 Ceramics
1:30 Opera Appreciation

Tuesday, January 14

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:00 Woodcarving
9:15 Weight Training....UM
10:15 Needlecrafts
10:30 Elderhood: This Is Your Life....UM
10:30 Word Processing – Advanced....SC
12:00 Lunch
12:30 Applique
1:00 Social Security
See Details on Page 4!
1:00 Adaptive P. E. w/Jane
1:00 Knitting
2:30 History: The Elizabethan Theatre

Wednesday, January 15

8:30 Aerobics
9:30-12:00 Blood Pressure & Glucose Monitoring
9:30 Digital Photography
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Intermediate Spanish
1:00 Adaptive P. E. w/Anne

Thursday, January 16

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
9:30 Painting & Drawing
10:15 Bingo
12:00 Lunch
12:45 Advisory Council....UM
1:00 Beginning French
1:00 Yoga....UM
1:00 Duplicate Bridge
3:00 'Touchstones'
Discussion....UM

Friday, January 17

8:30 Aerobics
9:30 Effective Colored Pencil Technique
10:00 Keep Your Mind Alert
10:00 Craft Clinic w/Thea
12:00 Lunch
1:00 New Member Social
See details on Page 4!
1:00 Art: Watercolor

Monday, January 20

CENTER CLOSED

Dr. Martin Luther King's Birthday.

Tuesday, January 21

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:00 Woodcarving
9:15 Weight Training....UM
10:15 Needlecrafts
10:30 Elderhood: This Is Your Life....UM
10:30 Word Processing - Advanced....SC
10:30 Sewing
12:00 Lunch
12:30 Applique
1:00 MD Comptroller Office
See Page 4 for details!
1:00 Adaptive P. E. w/Jane
1:00 Knitting
2:30 History: The Elizabethan Theatre

Wednesday, January 22

8:30 Aerobics
9:30 Digital Photography
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Intermediate Spanish
1:00 Adaptive P. E. w/Anne

Thursday, January 23

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
9:30 Painting & Drawing
10:15 Bingo
12:00 Lunch
1:00 Beginning French
1:00 Yoga....UM
1:00 Duplicate Bridge
3:00 'Touchstones' Discussion....UM

Friday, January 24

8:30 Aerobics
9:30 Effective Colored Pencil Technique
10:00 Walking Club....
Annapolis Mall
SIGN UP REQUIRED by 1/17.
12:00 Lunch
1:00 Art: Watercolor
2:00 Long Term Care Presentation - See Page 6!

Monday, January 27

8:30 Aerobics
10:00 Current Events
10:00 Ceramics
12:00 Lunch
12:45 Ceramics
1:30 Opera Appreciation

Tuesday, January, 28

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:00 Woodcarving
9:15 Weight TrainingUM
10:15 Needlecrafts
10:30 Elderhood: This Is Your Life....UM
10:30 Word Processing - Advanced....SC
12:00 Lunch

Tuesday, January, 28....cont'd

12:30 Applique
1:00 Adaptive P. E. w/Jane
1:00 Knitting
2:30 History: The Elizabethan Theatre

Wednesday, January 29

8:30 Aerobics
9:30 Digital Photography
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Adaptive P. E. w/Anne
1:00 Intermediate Spanish

Thursday, January 30

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts
9:15 Weight Training....UM
9:30 'Mini Massage'
See Page 4 for details!
9:30 Painting & Drawing
10:15 Bingo
12:00 Lunch
1:00 Beginning French
1:00 Yoga....UM
1:00 Duplicate Bridge
3:00 'Touchstones' Discussion....UM

Friday, January 31

8:30 Aerobics
9:30 Effective Colored Pencil Technique
10:00 Keep Your Mind Alert
12:00 Lunch
1:00 Art: Watercolor

Legend:

UM - Eastport United Methodist Church
SC - Stanton Center



Program Highlights – January 2003

“MONTHLY SEWING CIRCLE”.....The Sewing Class is held on the 3rd Tuesday of every month at 10:30 a.m. Mary Smith is the instructor. Check the daily schedule each month for the date.

“THEA’S CRAFT CLINIC” is scheduled on the 1st and 3rd Friday of the month, from 10:00 – 12:00. Bring your ailing projects – knitting , crochet, etc., to Dr. Thea; OR if you just want to learn a wool craft, come and join us. There is no charge for this class but senior center membership is required.

Cards and Games are played daily at the Center. Come and join us!

Thursday
January 9
1:00p.m.
TRIP KICKOFF
Join us as we kick off our 2003 Trips. See Page 8 for more details!

Tuesday
January 14
1:00 pm
SOCIAL SECURITY.....Presentation by Ms. Linda Hamill
Linda Hamill from the Social Security office will be the guest speaker. Linda will give an informational presentation on ‘Social Security’ and all that it entails. So, join us and find out everything you always wanted to know about this very important subject. **Registration is requested. Please call the Center to sign up.**

Friday
January 17
1:00p.m.
NEW MEMBER SOCIAL
We are having an informal get together for all who have joined the Center since October 1st , or are thinking about joining. This is an opportunity to get to know each other better, and to receive information about our Center and services. **Please let us know if you plan to attend.**

Tuesday
January 21
1:00p.m.
MARYLAND COMPTROLLERS OFFICE
The Comptroller of Maryland will be recruiting again this year for the tax filing season. A representative from the Comptroller’s Office will visit the Center to provide information on work hours and job descriptions. Full time and some part time positions are available January through May with training provided. An informational flyer is posted on the bulletin board. **Please sign up if you plan on attending.**

Thursday
January 30
9:30-12:30
MINI MASSAGE
Mary Ann Roesler, Certified Massage Therapist, will offer you relaxation with a “Mini” Massage. You will have a choice of a head, neck, back or hand massage. **Senior Center membership is required. By appointment only. Please sign up at the Reception desk.**

Thought for the Month.....

Good thoughts bear good fruit, bad thoughts bear bad fruit --- and man is his own gardener.

.....James Allen

ANNAPOLIS SENIOR CENTER		WINTER CLASSES	
Monday		Wednesday	Friday
Aerobics (M/W/F)	8:30 – 9:30	Aerobics (M/W/F)	8:30 – 9:30
Current Events (new class)	10:00 - 11:30	Computer: Advanced see F.Y.I.	Computer: Advanced see F.Y.I.
Ceramics	10:00 - 12:00	Digital Photography	Effective Colored Pencil Technique
Ceramics	12:45 – 2:15	Keep Your Mind Alert * (W/F)	Keep Your Mind Alert * (W/F)
Opera Appreciation	1:30 - 3:30	Crafts	Craft Clinic *
Tuesday		Open Bridge *	Art: Watercolor
Aerobics (T/Th).....UM	8:30 - 9:15	Intermediate Spanish	
(new class)		Adaptive P.E. w/Anne	If you have any questions or concerns about the classes, please see Ed or Jo.
Flex & Stretch w/Weights	8:45 – 9:45		F.Y.I.....
Woodcarving	9:00 - 1:45	Thursday	
Weight Training (T/Th).....UM	9:15 –10:00	Aerobics (T/Th).....UM	SC signifies Stanton Center
Needlecrafts	10:15 –12:15	(new class)	UM signifies United Methodist Church
Elderhood: (new class)		Flex & Stretch w/Weights	The Advanced Computer class begins on Feb. 7th for seven sessions.....Wednesday & Friday
This Is Your Life.....UM	10:30-12:30	Weight Training (T/Th)....UM	Please Note..... The Classes/Activities with an * are not college classes. They are free or may require a small supply fee. Sign up may be required.
Word Processing–Adv.....SC	10:30–12:30	Painting & Drawing	Registration for the Anne Arundel Comm. College Winter classes ends on January 17th. Persons 60 & over at the commencement of the class, pay a \$20 registration fee only. For persons 55 to 59 there is an additional \$40 fee, per class.
Applique	12:30 – 2:30	Duplicate Bridge *	The Class Schedule is subject to change if enrollment does not reach the required minimum.
Adaptive P.E. w/Jane	1:00 - 2:00	Beginning French	
Knitting *	1:00 - 3:00	Yoga.....UM (new class)	
History of the Elizabethan Theater	2:30 – 4:00	Touchstones Discussion *.....UM	

Ongoing Services

Blood Pressure/Glucose Monitoring – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

Information & Assistance - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4th Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs.

See Ed or Jo to schedule an appointment.

SHIP (Senior Health Insurance Program) - Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4th Thursday of the month, by appointment**. On the **4th Friday of every month at 2:30 p.m.**, Susan Knight, Director of SHIP, addresses the issue of Long Term Care Insurance. Join us for this valuable informational presentation.

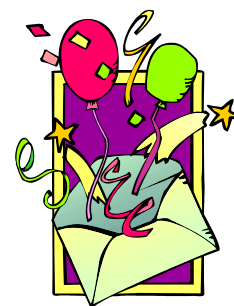
Dining Out/Shopping Trips – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies. **NOTE: No Trips scheduled for January!**

Walking Club - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.

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JANUARY Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :

Pierina Barbo, Jeanne Bartz, Pauline Basil, Marjorie Billingsley, Bill Blanding, Bill Boldyga, Katharine Boucher, Reuben Bowman, Antonette Bradford, William Brown, Ed Burrucker, John Calabrese, Nancy Claffy, Warren Clarken, Philip Coleman, Leona Collier, Martha Cooke, Louise Cullember, Ruth Damron, Genevieve Dyson, Patricia Fisher, Mary Gabriel, Katherine Gomoljak, Irene Harr, Lester Hilbert, Dorothy Hill, Audrey Hogan, Joseph Howard, Shirley Howard, Marie Jefferson, Betty Jepson, Dorothy Johnson, Lee Jones, Marcella Jones, Sylvia Kaiser, Shirley Keller, Grace Kelly, Joan Kriss, Pat Kristoff, Frances Kroto, Leslie Larkins, Jean Leonard, Gwen MacKinnon, Dorris Marrisett, Cora Mason, Yvonne Matta, Nancy Mills, Virginia Nasteff, Rose Norman, Corrine O'Connor, Iona Ogilvie, Phyllis Parks, Gladys Payne, Margaret Picciano, Mary Prehn, Olaf Rask, Mary Reece, Robert Rhodes, Barbara Ross, Cissy Scullen, Charles Senft, Janet Simms, Ruth Smith, Joan Spalding, Jacqueline Sutton, Olga Trujillo, Katherine Tunney, Doris Turner, Walter VanAlstine, James Victor, David Waksman, Kay Wallace, Lori Willis, John Wilson, Nicole Wolf, Mathilda Wurst and Joan Young.



This month the Birthdays will be celebrated on FRIDAY, JANUARY 10 at 12:30 p.m.

Advisory Council Members visit Annapolis Center!



Each month, representatives of the Advisory Council are available at the Annapolis Senior Center at specified dates and times. It is an opportunity for Center members to meet with their Council representatives, address concerns and issues, and make suggestions. This month, John Wilson will be at the

Center on Tuesday, January 7th, from 11:30 am to 1:00 pm. On Thursday, January 23rd, Irene Harr will be available from 11:30 am to 1:00 pm.

Looking into the future.....

Coming in February:

BLACK HISTORY MONTH.....Look out for details of a special program in the February newsletter and watch for flyers on the Bulletin Board.



Free Cell Phone for 911.....The Anne Arundel County Police Department will return to Annapolis Center to distribute cell phones for 911 purposes. Officer Joe Hatcher will give a presentation on this program before giving out the phones. Senior Center membership is required. **PRE-REGISTRATION IS NECESSARY** and you must attend the presentation in order to receive a phone.
PLEASE SIGN UP AT THE RECEPTION DESK.

Starting in April.....

The Anne Arundel County Department of Aging Family Care-giver Program will present "Caring for the Caregiver". This free 8 part educational series is for caregivers of all ages. The program will be held on Wednesday evenings from 7:00 pm to 9:00 pm, starting April 2nd. More information will be forthcoming. Check the newsletters!



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INCLEMENT WEATHER POLICY



Listen to your radio or television. The Center will be closed if all Anne Arundel County Government Offices are closed. If Anne Arundel County Schools are closed, all activities at the Center are cancelled, including lunch and transportation. If schools open late, the center will also open late. All classes prior to 10:00 a.m. will be cancelled. Classes that begin at 10:00 a.m. or later will be held as scheduled. In event of early school closure all classes starting at 1:00 p.m. or later will be cancelled.

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The Trip Brochure for 2003 is out! The Trip Committee has put together an outstanding selection of trips for you!

Join us for the “official” 2003 Trip Kick-off celebration!

Thursday January 9th
1:00 pm



Philadelphia Flower Show

Ireland

Rail and Sail

The Berkshires

The Biltmore/Monticello

International Spy Museum

Deposits on all trips will be accepted at this time. Plan early so you do not miss out on these fabulous trips!!

To sign up for trips you must bring:

- Your gold membership card
- The name & phone # of your emergency contacts

JANUARY 2003 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Those under 60 must pay the \$3.20 cost of the meal. Those 60+, please contribute as much as you can towards the cost of the meal. At the very least, reservations must be made by 10:00 a.m. the day before you want the meal. Please call (410) 222-1003. Hours: 9:45 am - 1:15 pm.</p>		<p>1</p> <p>SENIOR CENTER CLOSED</p> <p>NEW YEAR'S DAY</p>	<p>2 Pineapple tidbits Lemon chicken Oven brown potatoes Carrots Dinner Roll Sliced pears</p>	<p>3 Marinated cukes Turkey a la king Fettuccini Peas Pumpernickel bread Sliced peaches</p>
<p>6 Citrus Fruit Cup Mac/Ham/Cheese Stewed tomatoes Pumpernickel bread Oatmeal cookie</p>	<p>7 Tossed salad Turkey stew Large Biscuit Brownie</p>	<p>8 Applesauce Knockwurst Baked Beans Sunny Slaw Frankfurter roll Tangerine</p>	<p>9 Navy bean soup Seafood salad Lettuce & Tomato Broccoli Kaiser roll Sliced pears</p>	<p>10 Apple Juice Veal parmesan Rice Green beans Italian bread Stewed fruit compote</p>
<p>13 Cr. Of broccoli Chicken tarragon Sweet potatoes Three bean salad Dinner roll Purple plums</p>	<p>14 Tossed Salad Roast Beef/Gravy Mashed Potatoes Green Beans Biscuit English trifle</p>	<p>15 Citrus fruit cup Baked ziti w/meat sauce Italian vegetables Italian bread Tapioca pudding</p>	<p>16 Marinated Cukes/Onions Beef Stew Large biscuit Orange</p>	<p>17 Cinnamon apples Stuffed peppers w/marinara sauce Peas Vienna bread Pineapple tidbits</p>
<p>20</p> <p>SENIOR CENTER CLOSED</p> <p>DR. MARTIN LUTHER KING'S BIRTHDAY</p>	<p>21 Chicken Veg soup Sliced turkey Stuffing Cranberry salsa Pumpernickel bread Brownie</p>	<p>22 Pickled beets Beef stroganoff Fettuccini Turnip greens Whole wheat bread Marble cake</p>	<p>23 Perfection Salad Baked Fish Escalloped potatoes Stewed tomatoes White bread Sliced peaches</p>	<p>24 Cr. Of Broccoli soup Roast Beef/Gravy Mashed Potatoes Tossed salad Vienna bread Mixed fruit compote</p>
<p>27 Pineapple juice Chicken ala king Rice Green beans Dinner roll Chocolate cake</p>	<p>28 Applesauce Pork chop/ gravy Stuffing Kale Marble rye bread Choc. Chip cookie</p>	<p>29 Tossed Salad Chicken stew Large Biscuit Fruit cocktail</p>	<p>30 Health salad Beef Burgundy Mashed potatoes Collard greens Pumpernickel bread Orange</p>	<p>31 Tossed salad Pork ribette Rice au gratin Steamed cabbage Corn bread Lemon cake</p>

**Ed Casey
Jo Morris
Robyn Prehn
Pat Haydock
James Bias
Robert Howard
Reuben Bowman**

**Center Director
Assistant Center Director
Receptionist
Nutrition Site Manager
Transportation Van Driver
Transportation Van Driver
Custodial Services**

E-Mail Address

annapoliscenter@mail.aacounty.org

Center Phone

410-222-1818

Fax

410-222-1216

Nutrition

410-222-1003

Dept. of Aging

410-222-4464

Transportation

410-222-4826

Meals on Wheels

410-263-5444

Officer Joe Hatcher

410-222-8585 (Police Liaison)

What happened to our Holiday Bazaar?

Bad weather, twice (!!), canceled the bazaar this year. We did put out many items beginning on December 16th for a **Mini-bazaar**, to sell as many of our crafts as possible.

In addition to the mini-bazaar we are thinking about having a ***Christmas in April or July*** sale; plans are currently under discussion – so stay tuned! Next year we will build in alternate dates to eliminate any confusion.

We have always appreciated all the volunteer hours of work that go into making the items we sell, and will continue to do so throughout 2003. We could not do it without you!

<p>Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, The Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.</p>
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